



SOCIAL WORK NEWSLETTER

December 2016

Christmas Food Giveaway

Apple Valley: Feed my sheep. 21811 Ottawa Rd. 760 243-4343. Every Monday 10-12.

Barstow: Food Basket (requires registration) Salvation Army 204 N. 3rd St. Barstow 760 957 7945. Giveaway is on 12/21 and 12/22. Proof of residency and income required.

Hesperia: Feed my sheep 11616 Hesperia Rd. Every Wednesday 10-12.

Victorville Feed: my sheep. 15260 Nisqualli Rd. 760 243 4343 Every Monday from 10-12.

Toy Giveaways

Victor Valley Rescue Mission. Holiday event, free gifts with registration. San Bernardino County Fairgrounds 14800 Seventh St., **Victorville**. Friday December 20th - 10am to 2pm. For registration call (760) 955-5958.

Holiday Events

Adelanto Family Fun Saturday 12/10/16 at 10 am. Corner of Seneca and Aster in Adelanto. (Santa will visit).

Travelling for the Holidays?

If you are planning on making a trip to another area for vacation or other necessary ventures, please notify your social workers. With some insurances it can take up to 3 or 4 weeks to receive an authorization. Please give 1 month notice before traveling to allow us enough time to setup all necessary arrangements.

Incontinence and Wound Supplies

If you or a loved one requires briefs, pads, gauze, or other supplies they may be covered by your insurance. Go to www.shieldhealthcare.com or call 1-800 765-8775 to see if the supplies are covered.

AKF Safety Net Grant

The AKF's Safety Net Grant is open. They are accepting applications. This is \$100 per year per patient who is income qualified for reimbursements on medications, DME or travel expenses.

The AKF grant for Health Insurance Premium Payment (HIPP) is still active. If you pay out of pocket for health insurance, talk to your social worker to see if you may qualify for this grant to pay your premiums.

Renal Support Network

HOPEline Peer Support Phone Line

(800) 579-1970

Log onto www.rsnhope.org for events, online support and coffee chats for dialysis patients. Don't suffer through this alone, reach out and connect.

Caremore Insurance

For people with Medicare part A and B, Caremore is an HMO with a specialty for people on dialysis. This plan provides drug coverage and pays for 100% of dialysis treatments. You also get a free gym membership to Nifty Fifty on Bear Valley Rd. To get more information or to join call Adam at (760) 490-1628.

Value of Exercise

Research shows us that exercise is one of the few simple things that patients have control over that actually has power to do all of the following:

- Boost energy
- Help control blood pressure
- Strengthen muscles
- Elevate mood and reduce depression
- Reduce the risk of heart attack
- Better weight control
- Increased flexibility of joints and strength of muscles
- Fewer falls
- Improvement in sleep patterns

So, if you are looking for a way that you can feel better while on dialysis try exercising. Talk to your doctor about any limitations for your exercise regime. Start slow and gradually work up.

Advanced Arrangements

While almost none of us are comfortable with the idea of being incapacitated or even of dying, unfortunately it is an inevitable part of life. So many times friends and family are caught in a situation where they are not sure of their loved one's wishes.

We urge you to spare your friends and family the burden and ensure that your personal desires are carried out in the event you cannot choose, so:

- 1) Please complete your Advanced Directives
- 2) Please complete your final arrangements.

There are inexpensive, even free ways to prepare as long as it is done in advance! Please talk to your social workers about options for you.

Getting the Most out of SSI

For persons receiving SSI, there are 2 levels of payment.

- 1) If your shelter and basic needs are provided by someone else then you receive approximately \$660 per month.
- 2) If you pay an equal share (Rent+ Utilities divided by # of adults) then you are entitled to approximately \$890 per month.

IF your situation has changed from #1 to #2 then make an appointment at Social Security and bring in proof that you are paying your share of the bills in order to increase your SSI payment.

Audio Books for Visually Impaired

The Braille Institute has provided Desert Cities Dialysis with audio book players and about 40 books. Feel free to ask for an audio book and player to listen to while at dialysis. If you are interested in having audio books and a player at your home you can call 1-800-808-2555 and request one.

Humor



I don't care what day it is.
Four hours is four hours.